



Cilantro Lime Chicken Marinade



Ingredients:

- 6 Chicken Thighs I used bone in and skin on, but you can do skinless/boneless or Chicken Breast filets.
- 2 Tbsp Oil I used Avocado
- 4 Garlic Cloves minced
- 1 Lime juice and zest
- 2 Tbsp Cilantro Finely chopped and stems included
- 1-2 Jalapeno's chopped remove seeds for less spice
- Salt and Pepper

Method:

1. Season Chicken thighs with salt and pepper on both sides.
2. Combine oil, minced Garlic, 1 lime, lime zest, chopped cilantro, chopped jalapeno, and whisk in a bowl. Reserve about 2 tbsp of the marinade to pour on the chicken after it is cooked.
3. Add chicken thighs to marinade, combine to coat each piece and marinate in the refrigerator for 30 minutes.
4. Place chicken on grill or cast iron skillet on stove and cook until internal temperature is 165 degrees. Once chicken is done, remove from grill and pour with reserved marinade prior to serving. I also added some red pepper flakes for color and spice.